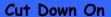
# The Physical Activity Pyramid





- Watching TV and videos
- Playing video and computer games
- Sitting for more than 30 minutes

### 2-3 Times a Week

#### Leisure & Playtime and Strength & Flexibility



- Miniature golf
- Canoeing
- Swinging
- Tumbling
- Pull-ups/push-ups
- Rope climbing
- Ballet/dance
- Karate

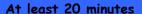


#### 3-5 Times a Week

#### Aerobic Exercises and Recreational Activities



- Bikıng
- Swimming
- In-line skating
- Jump rope
- Skateboard
- Running around





- Basketball
- Soccer
- Relay races
- Kickball
- Skiing
- Volleyball



## Everyday

#### As much as possible

- Play outside
- Ride your bike or walk to the store
  - Help around the house



- Take the stairs instead of the elevator
- Take your dog or brother/sister for a walk
- Pick up your toys





